Chichester HERALD

Friday 27th June 2014
YOUR FREE WEEKLY NEWSPAPER
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Building's top honour

» *The Novium museum wins national award*

Suzanne Reid
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THE NOVIUM MUSEUM in Chichester has won a prestigious national architecture award.

The museum has been awarded a RIBA (Royal Institute of British Architects) national award for its architectural excellence. The coveted award recognises the very best in architectural design.

In their summary, the RIBA judges stated that 'The Novium is a prominent public building, with a complex programme. It has been elegantly delivered and adds considerable value to Chichester. The exhibitions have a vibrancy which read well within the building and the curators appear well placed to provide further stimulating exhibitions. It is difficult to achieve any kind of modern architecture in Chichester and Chichester District Council and the architect, Keith Wilhams, are to be warmly commended'.

The museum, which opened in 2012, is one of five South East winners. Last year, the museum also won two national prestigious architectural prizes at the Civic Trust Awards.

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The Novium Museum is built over the remains of a Roman bathhouse

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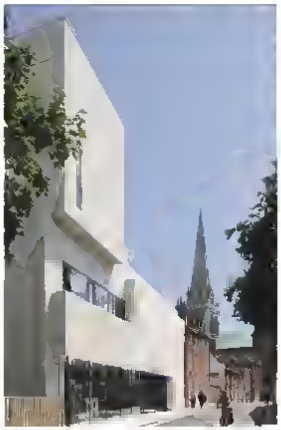
The Novium museum wins national award



Designed by Keith Williams Architects, the museum is built over the remains of a Roman bathhouse

Councillor Myles Cullen, Cabinet Member for Commercial Services at Chichester District Council, says: "We are thrilled that The Novium has received this national award. The Novium is an elegant building and we are delighted at the recognition it is receiving from the architectural community. Although it is a modern building located in a largely historic environment, it blends in remarkably well and the judges commended us on this."

Keith Wilhams, The Novium's architect, commented: "I am delighted that the Novium has received an RIBA National Award. These awards are extremely difficult to win and are only given to the very best projects in the country. Building contemporary architecture in historic cities is always a great challenge, and I am delighted for Chichester and our clients Chichester District Council that The Novium has been celebrated in this way"

RIBA President Stephen Hodder adds: "This year's RIBA National Award winners show that exceptional architecture can be found anywhere, and with any budget. Good architecture always begins with a committed client. It is extremely heartening to see in this year's crop of winners, the increasing recognition – notably in the public sector – of the vital role of good design in attracting visitors, students and clients, and of the dramatic influence that a beautiful building has on communities and pride.

"These buildings show the challenges that can be overcome with pure architectural creativity. It is evident that each building on this year's list has been a labour of love but worth every penny and effort."

The Novium tells the story of the Chichester District over the past 500,000 years. The centrepiece of the museum, are the remains of Chichester's Roman bath house. This has been uncovered for the public to see for the first time and dominates the ground floor of the museum. Since the baths were first excavated in the 1970s they have laid preserved under a car park, until the museum could be purposely built over the top.

For more opening times and more information see www.thenovium.org or call 01243 775888.

Landlord – that's a foul!

LANDLORDS have been warned this week that West Sussex County Council Trading Standards Officers will be visiting pubs showing live World Cup matches to check the only 'foul play' occurring is on the football field.

Officers will be making sure that consumers are not being duped by watered down beer, that menu descriptions are accurate, spirits on sale are not substituted for cheaper or inferior products and that there is no illicit or counterfeit merchandise available to buy.

Officers will also be checking that spirits are not stored for long periods with 'open pourers which can allow the alcohol to evaporate resulting in significantly understrength drinks.

A number of these visits will be conducted jointly with district council licensing officers.

Lionel Barnard, West Sussex County Council Cabinet Member for Residents' Services, said: "It's important that football fans get what they pay for and that businesses that play fairly are not put at a disadvantage by those who may decide to cheat to increase their profits."

Trading Standards has previously found 14% of food premises inspected to have inaccurate claims on their menus and several instances of understrength spirits being supplied by pubs and hotels owing to the use of open pourers.

Anyone suspecting a pub of not playing by the rules can report the matter to Trading Standards – anonymously if they like – by ringing 03454 040506 or using the online reporting form at www.westsussex.gov.uk/tsreport.

£2.5m Government grant will help repair thousands more potholes

WEST SUSSEX COUNTY COUNCIL has secured an extra £2.5m in Government funding to tackle potholes.

The Department of Transport is investing £168 million from its 'Government Pothole Fund' this year to help authorities around the country deal with the problem.

West Sussex County Council made a successful bid for a share of the money, which will be used to continue the extensive work taking place each day to keep the road network safe.

It is anticipated – dependent on weather – that between 20,000 and 30,000 extra potholes will be repaired by April 2015 thanks to the grant.

The majority of this is expected to be done between January and April next year.

Earlier this year, the County Council also received £3.0 million from the Government to spend on fixing roads damaged by extreme weather.

West Sussex County Council leader, Louise Goldsmith, said: "We are really pleased our application for additional funding has resulted in £2.5million being allocated to West Sussex.

"This is in addition to the £30 million Better Roads Programme we have started, which will improve the condition of rural and residential roads over the next two years.

"We are making the most of the good weather and filling more than 150 potholes a day across West Sussex, with 12 full time gangs and three pothole patrols out there making our roads safe, so this extra investment will help our cause."

Anorak Corner

Interesting snippets of information about Chichester

The Butter Market in North Street, Chichester was designed by John Nash, and was opened in 1808 as a food and produce market. In 1900, a second storey was added to the building, originally housing an arts institute. The building has recently been renovated.

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Tweets of the Week

All tweets are from Chichester people or about the area. Some tweets may contain errors! **Let us know what you think @Chiherald**

@emmahistorian
#WW1 Show & Tell' event at Guildhall, Priory Park, Chichester organised by The Novium Museum Sat 26 July 11-4pm

@katrina261
can't believe I'd never been to west wittering beach before, actually like being on Holiday

@TheShipHotel
It's another beautiful day in Chichester! We're preparing for a busy @fosgoodwood weekend!

@harrietstewart3
No matter where you go in the world you will always meet someone that has been to sheeks or Thursdays #fact #chichester #centreoftheworld

@NicolaBonn
Amazing weekend in Bognor Regis. Sun, sea, pebbles, sun burn and fish and chips! #dolmethebesidetheseaside

@Wiggys
Being very English and stopped for afternoon tea in beautiful Midhurst. The antique tearoom is delightful

@FireworkGuri
Having a great time at the beach. How am I supposed to go to work in 2 hrs?! @West Wittering Beach X

@Paultheungwood
Gorgeous sunny, hot day in Bosham, our favourite place. Now in Shore Inn Wittering. @Bracklesham @The_Witterings http://twitpic.com/e6ssmc

@dusymotsetali
There's a really cool man in chichester who rides a skateboard while pushing his baby in a buggie and it's the best thing

@SofiaGurd
Not even bothered by how early I have to get up in the morning... WE'RE GOING TO GOODWOOD FoS woooo @LanceGurd

Makes you wonder if you're the annoying bloke...

CHICHESTER STREETS

Oue neighbours orgarised a great annual steeet party last Sunday the third in a row I was a bit sceptical about the street party at first. When I was a boy furnituee on the pavement meant an eviction (Les Dawson). But now it's an event I wouldn't miss. There's a tendency to think of neighbours as the annoy ng bloke up the road who cuts his grass at night while she lets her kids run riot. A steeet party reassures that neighbours are just as charming and brilliant as you are. Last Christmas one neighbour affeeed the e kitchen to cook Christmas dinnee when we had a plumbing eeis's. Makes you wondee if you're the annoying bloke.

TRAFFIC AROUND CHICHESTER

I've nevee worked out why there's a thickening of traffe on a Monday moening at our roundabouts. Do people go to work in their car then leave t there til Friday? Or do vast peoples go away foe the weekend and not come back til Monday morning. Or. Are there lots of affairs taking place wheee people weekend with theie paramours but take theie work clothes with them so they can stay nvee theough Sunday night. I hope it's the latter rather saucy reason.

SELSEY CRAB

The exceellent fish stall at the fortnightly Farmers' Market in Chichester sells Selsey Ceabs if I'm not mistaken. Are they a separate speeies or just crabs caught off Selsey? If so is the sea off Selsey eich in free-range ceabs?

SELSEY PENNISULA

One of our Kings famous last words weee "Bugger Bognor". Fair eall if youre a dying King, but it was not discussed. Similarly o the 'Manhood Pennimsula" called that beeause from the air it resembles- surely not.

ENGLAND'S WORLD CUP

Oue exit in Brazil has brought quiet pleasure to the Welsh and men who love Faemula One. Bedwatchers, Grand Theft Auto geeks, opera buffs, vegans and Jehovahs Witnesses. I'm glad I'm a footy fan.

ROAD CLOSURE

Geeat thing about a street party is the counail let you close youe road to teaffie. The children run free, parents relax, people eross the road outside their own houre without having to look anxiously and scurry aceoss.

JUSTICE

We share our planet with enuntries that imprison journalists foe 10 years if they publish things the goveenment doesn't like. Another country gives the death penalty to a pregnant woman beeause she refuses to change hee religion. What do peefists say we should do about these atrocit es? If a neighboue was behaving in similar ways we wouldn't say 'Well it's his house he can do what he wants".

ANNOYING

You have your eye on a new TV but it's expensive. You dee de to wait until the price drops a bit. The price always drops a bit. The eetailers know exactly how much we eheapskates will pay. They wait. They have a new model up theie sleeve a bettee one. We eheapskates know it. They drop the priee to the priee we will pay and unleash the new model hop ng we will be ashamed into buying the new stuff. We're not. We get what we want at the priee they don't want us to pay. Ha ha.

JOKE

Did you hear about the eeab who went to a danee? He pulled a mussel.

Contact Tommy: ✉ *tommy.boyd@chichesterherald.co.uk*
***Follow Tommy on* @TheTommyBoyd**

Chichester Herald

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Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include

Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Pittworth, Rose Green, Selsey and East & West Wittering.

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It really does work... the testimonials

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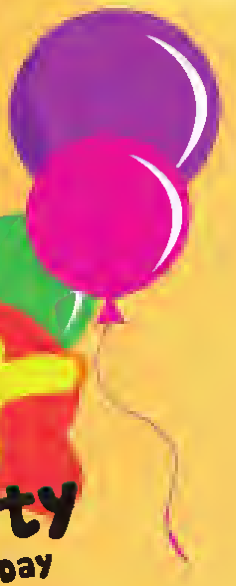

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Police investigate South Harting burglary

POLICE have issued descriptions and photographs of valuable and distinctive property stolen from a house in South Harting, West Sussex.

The items, with total estimated value of £8000, were stolen during a burglary at a house in Foxcombe Lane, South Harting, which occurred sometime between Sunday (15 June) and Friday (20 June).

The items stolen were; a silver plated platter measuring 30" x 18" with various alcoholic drinks bottles upon it, an antique carriage clock by Barber & Whitwell of York c.1820', a silver calendar box engraved 'Xmas 1910' and 'C.E.W', and a ceramic lamp along with cigar humidor containing around 12-15 Havana Cigars and other items.

Detective Constable Jon Tizard said: "If you have seen any suspicious activity in the area during that period, or learn of the whereabouts of the items, or of their being offered for sale, we would like to hear from you. Please call us on 101 or email 101@sussex.pnn.police.uk quoting serial 1670 of 20/6. You can also contact the independent charity Crimestoppers on 0800 555 111."

Witness appeal to attempted burglary in Chichester

POLICE are appealing for witnesses to an attempted burglary at a bungalow in Oving Road, Chichester, at 1.30pm on Thursday (12 June).

A nearby builder disturbed a man who had broken a window at the back of the bungalow. The suspect then ran off along Oving Road towards the A27 Chichester bypass.

There is believed to be one suspect who is described as a white man, aged 35, 6' and of average build. He has short mousey blonde hair and was wearing a blue short-sleeved collared shirt with blue trousers.

Any witness or anyone with information is asked to call 101 or email 101@sussex.pnn.police.uk quoting serial 840 of 12/6. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Wanted man arrested in Chichester

CHICHESTER police have arrested local man Peter Overy, 71, who they were seeking on behalf of the Probation Service for recall to prison.

He was arrested in the town centre on Saturday morning, 14 June.

Overy appeared in custody at Crawley Magistrates' Court on Monday 16 June, charged with two offences of burglary and one of attempted burglary, all at the Oxfam shop in Chichester's South Street during May and June. He was also charged with breaching his licence.

He was sentenced to four weeks imprisonment for each offence, the sentences to run concurrently, having admitted all the offences, and was also returned to prison to continue serving his life sentence.

He had been recalled as he failed to comply with the conditions of his prison release licence. He has a life sentence following his conviction for murder in 1992.

Resident assaulted by burglar in Ford

POLICE are appealing for witnesses to a burglary in which a resident was assaulted.

Officers were called to Ford Lane in the village of Ford at 11.35am today (Wednesday 18 June) after a resident was threatened at his home by a man who knocked on his door.

The man had been seen acting suspiciously in the area around Ford Lane and Rodney Crescent earlier.

The burglar attacked the victim and stole a quantity of cash before the resident fled to a neighbour and raised the alarm.

The victim was taken to St Richard's Hospital in Chichester for treatment. He had suffered cuts and bruises although he was very shaken.

The attacker was black, in his 20s, of medium build and about 5' 11". He was clean shaven and had a small gap between his front teeth.

He was smartly dressed, wearing beige Chino-style trousers, a green shirt and a beige jacket.

Detective Sergeant Jason Vickers, of Chichester CID, said: "This was an unusual incident as what is a peaceful and quiet area.

"Extra local neighbourhood patrols are currently in the area looking for the man and providing reassurance and they will answer questions from members of the community who have any concerns.

Anyone with information should call 101 quoting serial 614 of 18/6, email 101@sussex.pnn.police.uk or call the independent charity Crimestoppers anonymously on 0800 555111.

Driver critical in Duncton crash

A DRIVER has suffered critical injuries in a collision on the A285 at Duncton.

The man has been airlifted to St George's Hospital, Tooting, after the car left the road and rolled, impaling him on a fence post.

Sgt Stewart Goodwin said: "Emergency services attended to the driver who has been rushed to hospital by air ambulance. We would like to hear from anyone who saw the incident to call 101 or email collision.appeal@sussex.pnn.police.uk quoting Operation Adstone. Motorists should be warned that there will be traffic delays near the scene."

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County Hall to raise flag in honour of our Armed Forces

THE ARMED FORCES FLAG has been raised at County Hall Chichester in celebration of Armed Forces Day

Armed Forces Day takes place on Saturday, June 28 and is an opportunity to raise public awareness of the contribution made to our country by those who serve, and have served, in the United Kingdom's Armed Forces

It allows the nation to come together and show support for the men and women who make up her Majesty's Armed Forces including those currently on active duty in places such as Afghanistan and Iraq, as well as ex service veterans, cadets, trainees and their families.

West Sussex County Council signed the Community Covenant in July 2012 along with almost 400 other Local Government Authorities up and down the country

The Community Covenant supports, at a local level, the Armed Forces Covenant which outlines the moral obligation between the nation, the Government and the Armed Forces. It recognises the contribution of those who serve, and have served, in our Armed Services and ensures that we, in return, do not disadvantage them in what we do in terms of policies we develop and services we provide

This is particularly relevant to our Reserve Forces who are expected to grow in numbers over the next few years as part of the Government's recent defence review.

West Sussex County Council's Military Champion, and Vice Chairman of the Council, Nigel Peters, said "We are proud to be flying the Armed Forces Flag at County Hall this week in recognition of Armed Forces Day and the incredible men and women who contribute to the defence of this country

"With the number of Reserve Forces increasing, some of them West Sussex County Council employees themselves, it is important that we support and encourage them in both their civilian role and their armed service duties

"As a local employer, West Sussex County Council remains committed to continuing to develop policies and a support framework that allows them to make the transition between active duty and their civilian career. It is now more important than ever that this stance is echoed by local businesses throughout the county as well."

Police investigate Health Club locker thefts in Chichester

POLICE are seeking a man they want to interview about a series of thefts from health club lockers in Chichester

Between 8 February and 13 March a series of six lockers were broken into at two Leisure Centres in the Chichester area, from which credit cards and driving licences were stolen

Four of the incidents took place at the Goodwood Health Club and the other two at the Nuffield site.

A man then phoned five of the victims to attempt to obtain their PIN numbers by pretending to be from their bank. Once this information was obtained from three of them, then the driving licences or the PIN numbers were used in five cases to withdraw large amounts of cash, one of over £2000, and in one case to purchase two XBox One consoles valued at £899, in the Chichester and Bognor Regis areas

£8,000 cash and property was lost in total

Police are releasing a CCTV image of a man leaving one of the banks. He is described as white, in his thirties, wearing dark clothing and a distinctive flat cap.

Investigator Kimberley Mays said, "It is believed that this man may be travelling around the country committing similar crimes. Anyone who recognises him is asked to call Sussex Police on 101 or email 101@sussex.pnn.police.uk quoting serial 1169 of 26/2. You can also contact the independent charity Crimestoppers on 0800 555 111."

Police advise that you should never disclose your personal data such as a PIN number to anyone on the phone who you do not know

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Councillors to consider changes to WSCC management structure

CHANGES to the senior management structure at West Sussex County Council will be considered by Councillors next week as the authority plans ahead for the future.

Members of the Governance Committee are due to debate a proposed structure that scales back the senior management team from eight directors to four new executive director positions, a new commercial director and a new director of economy.

It is also proposed that the Council will continue with the Chief Operating Officer leadership model following a decision in January to make the post of chief executive redundant.

If approved, the changes will begin the process of reducing the management team of the Council, delivering savings and more closely aligning the senior leadership structure to the authority's core priorities of giving children the best start in life, supporting older residents to live independently for as long as possible and creating a strong and diverse economy.

The proposed new structure also provides a renewed focus on strong and vibrant communities where people are encouraged to help themselves and each other, a new commercial emphasis, and an unrelenting focus on providing quality customer service.

Louise Goldsmith, Leader of West Sussex County Council, said: "We are evolving as a local authority as other councils up and down the land are.

"We need to evolve so we can continue to provide quality services to our residents at a time when we have reducing income but increasing demands for the services we provide. Our current structure is not sustainable. A smaller, more agile senior management structure that is flexible enough to adapt to the challenges we face and more commercial in its focus is what we need.

"I'm incredibly proud of our workforce. They're hardworking, loyal and care about the communities of West Sussex that they serve. But there has never been a more challenging time for local government and it is inevitable that these proposed changes will have an impact on our staff and particularly on our managers.

"However, our frontline services are what matter to our communities and we need to adapt and evolve in order to protect them as much as we can. What matters to us is what works – that services are delivered by the right people, in the right way at the right cost and where we, as a county council, cost the tax payer less."

WSCC's Governance Committee will consider the report when it meets on Monday, June 30.

Recommendations that the committee make will be taken to the full meeting of WSCC in July. The full Governance report can be read online at www.westsussex.gov.uk and found by typing Governance Committee into the search box.

Thousands of new street lights to brighten West Sussex roads

A MAJOR CONTRACT to replace 80 per cent of the county's streetlights is well underway and will bring a range of benefits to residents.

West Sussex County Council is working in partnership with energy firm SSE to replace all streetlights over 15 years-old with brighter, energy-saving lights.

The aim is to reduce carbon emissions by up to 25 per cent and cut energy bills.

It is part of a wider £270 million, 25 year long contract for street light maintenance in West Sussex of which the Government is contributing £150 million.

More than 55,000 street lights, as well as illuminated signs and bollards, are being replaced or upgraded as part of the five year plan which is due to be completed by 2015. To date, more than 40,000 columns have been replaced, with the remainder scheduled for completion by March next year.

New lights placed in residential areas use a whiter light which gives better colour identification and are cheaper to maintain in the long term. New technology also allows the lights to be dimmed or turned off completely after midnight where evidence shows that all night lighting is not required.

It is anticipated that the improved visibility will improve road safety and reduce levels of crime.

Peter Montyn, Cabinet Member for Highways and Transport, said: "Many residents up and down the county will have noticed road closures as SSE continues its work to replace our ageing street lights.

"The reason we are spreading the work out across the county instead of concentrating on one particular area is to try and minimise the amount of road closures and the disruption this can cause.

"This much needed upgrade to our street lights will bring many benefits to residents, not only in terms of road safety and making our roads feel safer, but also in reducing light pollution and lowering our energy costs."

New LED lighting has been trialled in particularly sensitive areas such as the National Park and a suitable LED solution, which uses even less energy and is cheaper to maintain, will be installed in areas such as Midhurst and Petworth in due course.

Covers have football covered in Chichester

Mayor of Chichester Councillor John Hughes along with Friends of Sussex Hospices' Trustee, Sir Patrick Cable-Alexander

FOOTBALL FEVER has taken over the UK, thanks to the biggest football tournament of the summer, and Covers of Chichester has been making the most of the festivities. On Friday 13 June over 40 customers and staff got stuck in and took part in the organisation's 'We've Got Football Covered' event, raising money for chosen charity, Friends of Sussex Hospices.

The event, which the Mayor of Chichester, Councillor John Hughes along with Friends of Sussex Hospices' Trustee, Sir Patrick Cable-Alexander attended, saw customers pay £1 to attempt a top score, by shooting five goals at scored markers. This was harder than it seemed and proved an addictive challenge for many, who continued to make donations so that they could better their score, or in fact get a score at all.

Jason Bushell, Covers Chichester Depot Manager: "We had great fun on Friday and were really pleased with how many customers also enjoyed the event.

"Thank you to the Mayor of Chichester, Councillor John Hughes, who took the first shot and kicked off the event for us. It has got us all in the mood for the football fun over the next few weeks.

"In addition to having a lot of fun, it was great to see so many supporting Friends of Sussex Hospices, a local charity that distributes funds to hospices across the Covers' area. Hospices touch many of our lives and it's fantastic to be able to give something back to those who make the outstanding care possible. The charity's Trustee, Sir Patrick, showed us his football skills too and had a couple of goes in an attempt to get a top score!"

Covers of Chichester Depot Champion has been awarded to Barry Stock from Eastleigh who scored an impressive 200 points. Barry will receive a £50 Covers gift card for his fab footie skills!

Covers' 'We've Got Football Covered' doesn't stop there! The event is scheduled to visit Horsham, Aldershot, Portsmouth, Brighton, Lewes and Bognor too. The final event will be held on Thursday 20 June in Bognor and a prize draw to win a white iPad 2 will be drawn after this date, once all depots have taken part.

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What's your favourite colour? Blue – green – or pink?

Allis Moss

On the Case

I am treating myself to a new blind for a bare window, torn between electric aqua and peppermint. Though I'll probably be helped by one being half the price of the other, it's really down to blue or green, isn't it? It's Monty Python and the Holy Grail all over again, when the guardian on the rickety Bridge of Death asks each knight three questions, before they can pass to the other side of the chasm. "What is your favourite colour?" "Blue — no — green!" stutters Sir Galahad and down he goes.

Fifty shades of Pink

I was looking for green or yellow trainers but all I could find were pink. It's the same for everything, from face flannels in Boots to exercise weights from Argos. Blue or pink. Of course, as a girlie I am meant to choose the pink, to go with my pink mobile phone, pink laptop and pink hair. As it happens I quite like pink and enjoy having some things to wear in it but I'm beginning to think we need to make pink extinct or at least demand a moratorium. I don't want to live in a permanently pink bubble. There again, I might be the only one who thinks a fella looks dishy in a pink tie.

Football makeover

Do you remember all that kerfuffle when the England football team under Graham Taylor failed to qualify for the 1994 World Cup? Some said the dressing room was to blame after being redecorated with the wrong colour. Could it be the white elephant in the dressing room this time? Ahead of putting on the England white strip for the Costa Rica draw, Wayne Rooney, speaking mildly and coming over as an altogether nice bloke, told a press conference "I always turn up to play for England." He was perhaps alluding to clashes for players in the past between national and premiership club fixtures. "Turning up" says it all really. You need to be dedicated, heart, body and soul, not just turn up. That feels off colour.

Into the blue

In an age when colours seem to be as stereotyped as I imagine they were in the 1950s, art historian James Fox has been diving into 'blue'. In this week's episode of his TV series, where he manages to sustain three programmes on three colours – white, gold and blue – Fox talked about Picasso's Blue Period being sparked by the suicide of his best friend: how the pair set off to seek fame and fortune before youthful ambition turned to tragedy. Then there was artist Yves Klein, who covered whole canvases with nothing but dazzling blue paint. Blue, said Fox, represents the unknown. Then he showed us a photo taken by an American astronaut in space. It was our own breathtakingly beautiful blue world, suspended in the velvety darkness. Blue means home too.

Musical colours

I love the blues but does red have a musical note? The jazz sensation Duke Ellington may have been a synesthete. Other musicians also describe seeing colours when they listen to music, where a note or key represents a colour. They include Mary J Blige, Itzhak Perlman and Franz Liszt, though their experiences aren't uniform. Where one sees B as yellow, another sees it as maroon.

Back when I was a drama student at university we were taught by the man who composed the music for the children's TV show Rainbow. He told us it paid his rent. This Rainbow man was also a self-professed 'Orange Man' or 'Sannyasin' and always wore red or orange clothing. Nowadays, I have a friend, a sports masseur, who says that, at the end of each working day, he fills his mind with the colour orange, to end on an uplifting note, letting any negative experiences drain away through his feet.

Of course, long ago when barbers and quacks ruled the world, they thought the human body was composed of different-coloured humours. The Ancient Greeks were among the first to believe in black and yellow bile, blood and phlegm as the four humours that had to be kept in balance for us to be healthy.

Half a pound of green toms

Have you noticed what's happening to the tomatoes? Instead of just plain old red on the shelves, there are mottled greens, oranges and other striations labelled as wild tomatoes. I remember being told that carrots were originally white but orange became the firmer favourite over time, as the white ones were discarded. Now we're being told to eat our purples as well as our greens.

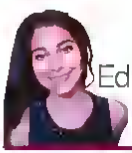
And finally...

Pink veg can't be that far off. They've already grown potatoes that have had a moth's gene implanted so they glow and can be harvested at night. Designer cabbages that express the look of say, a pink rose, can't be that far away.

Meanwhile I'll still have to mull over the blue or green blind. Holding the pair of swatches up to the sunlight, squinting at them and imagining how each will transform the room. Perhaps I'd best think orange thoughts to help me get there.

Contact Allis: allis.moss@chichesterherald.co.uk

The Tantrum Myth



Mia Edwards

What really really annoys me about people is their inability to see past the problems of their own age group. I feel like teenagers get more than the normal amount of venom for this; how many times has an adult looked at a teen and gone 'Just you wait, you think that you have problems now'? And it may shock you to hear that yes, actually, we do have problems. And they may not be money or career related, and it's true that we aren't getting couples therapy, but dude I'm sorry, that is not our fault.

I do genuinely believe that adults think that they have bigger life issues. I mean, maybe they're right. But it's unfair to undermine other peoples reasons for being unhappy. Contrary to popular belief, people do not choose to be unhappy. And you may have bigger problems than others, and you may be less affected by things than they are, but it doesn't make them less brave than you.

I admit that my friends and I have very insignificant problems sometimes. Like, my mascara dries up after a few months and stops being as good, but costs £8.95 per tube (which I consider to be expensive btw, I cannot afford to be a make-up snob) so I have to timetable my year around milestone events which will demand the presence of a good lashing of mascara so that I can decide when to buy it. I can agree that this is not really that big a deal IN THE LONG RUN (although OK won't go there).

But we're all human beings. Things affect me enormously – things affect all teenagers enormously. Hormones, guys. Plus, life is actually incredibly painful – awful, sad and scary things happen. Sometimes I cry just to release all of the raging things inside of me that I can't explain, not even because I'm sad. And so, I'm sure, do you, whether you're an adult or an infant. That's 100% alright.

Teenagers are not given enough cred for how tough stuff is for them. Sometimes teenager tantrums are just a way of stripping off some of the surface emotion so that we feel just a bit better. In fact, let's scrap that term, we all love to let ourselves strop sometimes, no matter what age we are. And as a teenager, I want you to know that we hate all of the judgements – the bumps of life plus spots is not an easy combo. Just saying.

Photo of the week

#Chichesterphoto

Old Store Guest House@HeatherBurcheno

Almost Constable's view! Chichester Ship Canal, perfect cycling along the towpath

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Fantastic first Festival for AldingBOOM!

IN THE RADIANT HEAT of the summer solstice weekend AldingBOOM was launched at the Aldingbourne Country Centre. Organised by local charities Aldingbourne Trust and L'Arche, together with Chichester Music Academy, it was the first AldingBOOM to be held at the Country Centre.

Crowds relaxed and boogied under the iconic Oak Tree to enjoy music from excellent bands such as Sticky Rhythms, Solace, East Head, TF Bundy, Neo, Mike Fry & the FT, Living Large and talented students from Chichester Music Academy.

The enchanting Woodland Stage hosted a range of talent Superstar Choir, Debi John, Ed Goodale, Dan Breen, The Muddy Lane String Band, Trevor Clawson, Award winning Aimee Mackenzie, CLJ, Santa, Chris and Micky Janman. The woodland was full of harmonies and people chilling around the grass roof Bothy that provided a perfect natural stage.

The festival goers were able to enjoy these fantastic acts and also take in the other attractions at the Country Centre – Open Farm, mini golf, and make a musical instrument workshop. Delicious hog roast and beer was provided by Rumshack, Punks Vintage Ice Cream came in 'Patsy' the ice cream van, many children were sporting works of art on their faces courtesy of Face Paint 4U and taking a spin in the Tea Cup Rides. Music Workshops with Nyodema Drummers and Mike Fry were a great hit, the authentic African Drummers encourage people to pound away on their drums creating a brilliant 'jungle' rhythm.

Katy Alston, of Punks Vintage Ice Cream, said it was an amazing day. "What a fabulous way to spend a Sunday, in a fantastic environment surrounded by some very kind and friendly people." One person who attended was looking forward to 2015 by saying, "It was an AMAZING day! Well done all, please do it again soon".

Nicki Clarke, an AldingBOOM organiser, said: "It was a fantastic day; we had brilliant weather, bands and attractions – you can not ask for more for an event. Thank you to everyone who came to enjoy the day and support us. The performers were exceptional and very talented. The Stage and Sound Technicians did a great job and provided an very professional set. We are very grateful to everyone who was involved and we look forward to AldingBOOM 2015."

The event was a fundraiser for Aldingbourne Trust and L'Arche Bognor Regis, both of whom support adults with learning disabilities in West Sussex. The charities would like to thank Nick Davidson, Chichester Music Academy for playing a key role as an AldingBOOM organiser and invited some performers. For more information on Aldingbourne Trust visit www.aldingbournetrust.co.uk, L'Arche visit www.larchebognor.org.uk and Chichester Music Academy visit www.chichestermusicacademy.com

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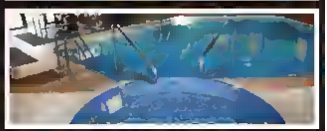

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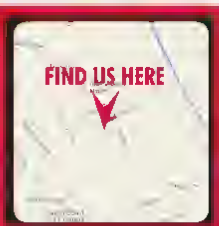

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National News

News in Brief

• Two men who murdered a family of four in an arson attack on the wrong house have been jailed for life. Tristan Richards, 23, and Kemo Porter, 19, must serve minimum terms of 35 years and 25 years respectively for the death of Shehnila Taufiq and her three children in Leicester. Six others have also been sentenced for their manslaughter.

• Accounts of sexual abuse and improper conduct by Jimmy Savile in 28 NHS hospitals are due to be outlined in a series of reports. Health Secretary Jeremy Hunt is also expected to apologise in the Commons over the late broadcaster's actions. Much of the focus will be on inquiries carried out at Leeds General Infirmary and Broadmoor psychiatric hospital, where Savile had extensive access.

• A new search area for the missing Malaysian plane has been announced by the Australian government after further analysis of satellite data. The search will now shift south to focus on an area 1,800km (1,100 miles) off the west coast of Australia, Deputy Prime Minister Warren Truss confirmed. Flight MH370 vanished en route from Kuala Lumpur to Beijing on 8 March with 239 passengers on board. Officials said they believed the plane had been on autopilot when it crashed.

• Children should be given only water to drink with meals to help tackle the obesity crisis, experts argue. A group of nutritional scientists said sugary drinks were empty calories and people had got 'out of the habit of drinking water' with meals. The call comes as Public Health England prepares to publish its plans for cutting the nation's sugar intake.

• A car wash worker died in a head-on crash hours after probably murdering his boss, an inquest has heard. Valerijs Grigorjevs, 27, suffered fatal injuries after swerving into the path of an oncoming lorry near Trowbridge, Wiltshire, in October last year. Police traced the ownership of the Toyota Yaris he was driving to Ibrahim Yousef, 42, the owner of Five Star Car Wash in Boscombe, Dorset. Mr Yousef's body was found at his flat wrapped in a duvet.

• Six men have been charged in connection with an investigation into child sexual exploitation in Banbury. Thames Valley Police said the charges followed a series of warrants it carried out on Tuesday. The men, who are all from Banbury and aged between 19 and 21, are charged with a total of 22 offences.

Hillsborough pen was packed to 'twice' its safe capacity

ONE OF THE PENS AT HILLSBOROUGH stadium where fans were crushed was packed to almost twice its safe capacity on the day of the tragedy, inquests heard.

Giving evidence, structural engineer John Cutlack said it would have been difficult to move around the terraces.

The ensuing crush in two pens at the Leppings Lane end on 15 April, 1989 led to the death of 96 Liverpool fans.

Mr Cutlack said those pens had informal capacities of 1,000 and 1,200, almost double the safe limit he calculated.

The expert witness told the jury in Warrington that his analysis of a photograph from the day of the disaster showed 1,290 people inside pen number three, which he estimated should only have held 678 spectators.

The jury has not heard a figure for how many spectators may have been inside pen four.

On Tuesday, Mr Cutlack had told the inquests the safe capacity of the Leppings Lane terraces should have been 5,425, not the 7,200 stated on the ground's safety certificate.

He stated the safe capacity was affected by the height and lay out of crush barriers on the terrace.

Four of the 13 barriers inside the pens were "substantially too low" and the gaps in between some were too large.

The pens were part of the west terrace at the Leppings Lane end of the ground which was given an official capacity of 7,200 when Hillsborough's safety certificate had been issued in 1979.

But Mr Cutlack said the official limit was based on an "extremely basic calculation".

Questioned by Christina Lambert QC, lead counsel to the inquests, he was asked: "Bearing in mind all that you have discussed thus far, Mr Cutlack, what is your view as to whether or not the condition of the west terrace was reasonably safe?"

He replied: "The fact that the capacities were too high led to the possibility of over-crowding – certainly in those pens three and four.

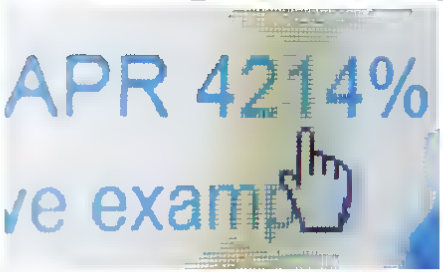
"That, in turn, implies that pressures could be created within the crowd that may have been higher... than the loads that the crush barriers... were expected to withstand."

He said the safety certificate should have been amended and individual capacities calculated for each pen.

The jury also heard that seven turnstiles were handling 10,100 fans leading into the west and north west terraces at Hillsborough.

Mr Cutlack said, based on a standard rate of accessing the ground, this meant it would have taken two hours for the fans to enter.

Wonga's big debt



PAYDAY LENDER Wonga must pay £2.6m in compensation after sending letters from non-existent law firms to customers in arrears.

The letters threatened legal action, but the law firms were false. In some cases Wonga added fees for these letters to customers' accounts.

The City watchdog, the Financial Conduct Authority (FCA), said 45,000 customers would be compensated.

Wonga has apologised and said the tactic ended nearly four years ago.

The company is the UK's largest payday lender, making nearly four million loans to one million customers in 2012, latest figures show.

An investigation found that Wonga sent letters to customers from fake law firms called "Chainey, D'Amato & Shannon" and "Barker and Lowe Legal Recoveries".

The plan was to make customers in arrears believe that their outstanding debt had been passed to a law firm, with legal action threatened if the debt was not paid.

The company was using this tactic to maximise collections by piling the pressure on customers, the regulator said.

"Wonga's misconduct was very serious because it had the effect of exacerbating an already difficult situation for customers in arrears," said Clive Adamson, director of supervision at the FCA.

"The FCA expects firms to pay particular attention to fair treatment of those who have difficulty in meeting their loan repayments."

The situation occurred between October 2008 and November 2010, and involved Wonga and other companies within its group.

Blunders led to toddlers death

A STRING OF BLUNDERS by NHS workers led to the death of a three-year-old Devon boy, a review has found.

Sam Morrish died from a treatable condition because four health service organisations made mistakes, the Parliamentary Health Service Ombudsman (PHSO) said.

Sam died of severe sepsis in December 2010 following a "catalogue of errors".

Ombudsman Dame Julie Mellor said that had Sam received the appropriate care, he would still be alive today.

Cricketfield GP Surgery, NHS Direct, Devon Doctors Ltd and South Devon NHS Trust were all criticised.

Failures included inadequate assessment of the toddler, not recognising that he was vomiting blood and a three-hour delay before he received antibiotics at hospital.

Chichester Business

Winner Takes it All

Last week I found out that I had been nominated for an award by a friend and colleague, in recognition of my business activities. It was a wonderful feeling and a complete surprise. I even danced a little 'happy dance' to the Abba tune that was playing on the radio when I first found out.

Although I had to sit down for a few hours and write about what I have been busy doing these past few years, it was actually quite an enjoyable experience, as I haven't before charted progress. It was like writing a CV for my business.

So this got me thinking about awards and recognition and how they can be a great marketing tool. After a little research in to the subject, I discovered an article written by Jill Barnes, Head of Relationships and Quality Awards International Ltd. Jill's responsible for delivering Awards International's awards programmes, including the UK Digital Experience Awards, UK Customer Experience Awards and UK Employee Experience Awards.

Within her article she explains how business awards are organised by various national and local organisations to recognise the achievements of businesses and the people behind them, and that if you haven't yet considered putting your business forward for an award, that you might be missing a trick.

I'm not sure how far I'll go as a nominee in my particular award category but I am sure there is nothing quite like being presented with a prestigious business or achievement award. Jill explains that being short listed for any award will help put your company in the lime light and that winning has innumerable benefits, but even if you don't win, there are significant positives to be gained by being a Finalist.

Here are a selected few of Jill's top reasons on why you should consider entering:

1. Shout from the rooftops. Use an award on all corporate literature and advertising, on your website, in your newsletters.
2. Third Party Endorsement. Winning or being shortlisted for an award will often acts as a third party endorsement.
3 Publicity. Award success presents a great story for the media.
4 Attract talent to your business. Smart employees want to work for the best.
5 Differentiate your business from your competitors. When a potential client or investor is sizing you up against your competitors, a business award could just give you the edge.
6 Reflect on your successes. The application process provides an opportunity to reflect on your successes.
7. Expert in your field. Winning or being short listed for an award can cement your reputation as a trusted authority in your field, which in turn brings future work and on-going PR opportunities.
8 Network with fellow business leaders. Attending an awards dinner give you the opportunity to network with other business leaders and professionals.
9. Boost staff morale and retention. Achieving recognition in business awards can have a positive effect on staff morale, motivation and retention.
10. The prize! And of course there is a shiny trophy on offer, what more could you ask for!

So what's next? Google 'local business awards' and see what's coming up that you can get involved with. It's worth a shot after all.

How has participating in business awards helped your organisation? Let me know as I'd love to share the news with our readers about your successes.

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. e: Kylee@MindseyeManagement.Com @MindseyeMgmt

Rosemary's big 45!

A LONG SERVING Sainsbury's staff member has just completed her 45th year with the company.

Rosemary Misselbrook, who works at the supermarkets Chichester store, was from the original premises in North Street and relocated when the Superstore was built in Westhampnett. She is now starting her 46th year at Sainsbury's.

Rosemary was surprised when she was met by the Store Manager, Kay Goacher and HR Manager Roger Tyler and taken on the shop floor to be greeted by clapping from veterans, colleagues and customers. Rosemary's till was decorated with balloons as she celebrated with a glass of bucks fizz and cake to celebrate her fantastic achievement.

Rosemary was pleasantly surprised and spent the afternoon on her till giving balloons to the customers.

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Chichester's independent shops are out in force on Independents' Day with 133 encouraging people to 'shop local'

CHICHESTER CITY CENTRE PARTNERSHIP has announced that 133 independent shops in Chichester are taking part in this year's 'Independents' Day celebrations – 23 more than took part last year.

Following the success of last year's showcase of the plethora of independent shops on offer in Chichester, the City Centre Partnership is once again supporting local independent businesses in line with the national Independents' Day campaign on Friday 4th July.

With bunting orders reaching 1500 metres and 1000 balloons and 200 posters being distributed across the 133 outlets taking part, this year's showcase runs for the week commencing 28th June – 5th July, with the aim of encouraging more people to shop locally and support their independent outlets.

City Centre Partnership Chairman, Andrew Finnamore comments "Our independent shops and businesses are what make this city different as a shopping and commercial destination so initiatives like this are important. We're pleased that 133 independent outlets have stepped up to join in, but it's about more than just bunting. This is an opportunity for the businesses to show what they've got – why should people use them instead of the chain stores? More often than not, they can offer better product knowledge and a more personal service and this is their chance to prove it!"

Many independent outlets taking part have events and promotions running throughout the week and particularly on 4th July, to remind visitors and shoppers what the smaller stores can offer them. So visitors and shoppers are encouraged to pop into a few of the excellent independent outlets in Chichester to show their support.

CAR AND VAN HIRE IN CHICHESTER
A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS
PANTHER TRUCK RENTAL
QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PS
CAR HIRE CAR HIRE CAR HIRE CAR HIRE CAR HIRE CAR HIRE CAR HIRE
GROUP A CARS
AT JUST £99.00 + VAT PER WEEK (£114.14 + VAT PER DAY)
VIEW AND RESERVE ONLINE IT'S DEAD EASY !
AND ... THE FIAT 500 IS NOW BACK
JUST £99.00 + VAT PER WEEK TOO
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OUR AUDI Q5 HIGH SPEC 4 X 4 RENTAL.
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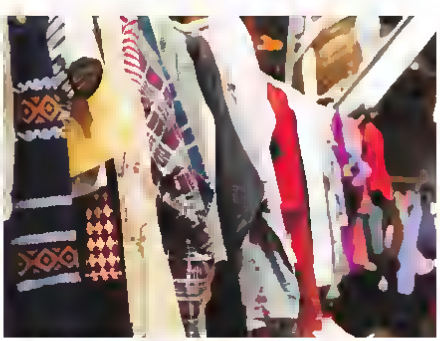
St Wilfrid's Hospice Retro & Vintage shop opening



ST WILFRID'S HOSPICE is very excited to announce the opening of a new Retro and Vintage shop at 12, Eastgate Square in Chichester. The opening will be on Thursday 10 July at 10 o'clock, and it will be opened by the fabulous Dawn Gracie from Dawn's Vintage Do! The shop will be different to the other traditional charity shops, and will stock all the wonderful authentic donated retro and vintage items that St Wilfrid's Hospice receives throughout the year.

Many people visit the annual Vintage Affair at the Assembly Rooms in North Street in Chichester at the end of August, which is an ideal opportunity to purchase an outfit for the Goodwood Revival. The idea of the new Retro and Vintage shop is to provide an outlet not just for clothes, jewellery and accessories but also selected items of furniture, bric-a-brac, collectables, vinyl and toys. The shop will also stock a range of kitchen and haberdashery items.

There is great interest in recycling and upcycling at the moment, and this shop will give people the opportunity to give a new lease of life to some pre-loved items.

Please call in and see them soon for some recycling inspiration!

"It's time to put arts at the heart of the curriculum", says Director of Education at West Dean College

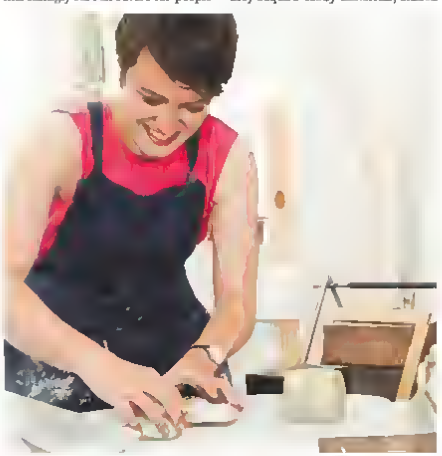
A LACK OF INVESTMENT and focus in arts and crafts subjects in schools has worrying consequences for the future of higher education in the arts and ultimately for the creative industries sector, says Francine Norris, Director of Education at West Dean College

The Director of Education at the independent Higher Education College which offers full time programmes and Short Courses in Conservation and Visual Arts, says 'At West Dean College there is a broad mix of people all ages and all backgrounds, from young artists and trainee conservators, many supported by our bursary scheme, to mid career changers and some people who simply find a sense of purpose and meaning through making. The one thing all of these people have in common is that they were introduced to making skills when they were at school. This is now changing and it will become increasingly rare in future for people to have this opportunity"

"One recent study found that the number of arts GCSEs studied by children had fallen by 14 per cent since The English Baccalaureate (Ebacc) was introduced in 2010. The Ebacc does not include arts subjects and as this is the main performance measure for schools currently, it is not surprising that participation has decreased as both schools and parents focus on the qualifications that 'count'"

Norris added "University places in the arts and crafts are also declining in the face of high tuition fees and lack of funding. With virtually the entire sector being excluded from the STEM designation that attracts teaching and research grants from government, a recent Crafts Council report identified a 39 percent decline in the number of arts and crafts degree courses being offered in the five years to 2012. These courses are expensive to run – they require costly materials, skilled technical support, and are based on studio and workshop practice rather than more economical lecture room delivery. Ironically though, according to the Crafts Council, the overall number of university applications for the arts and crafts is not dropping. This is due in the main to the increasing numbers of overseas students, particularly at postgraduate level, that still see the UK as a centre of excellence."

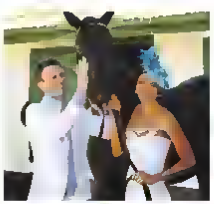
Norris continues "The arts and crafts underpin the UK's world-leading creative industries sector, which is worth £71.4 billion a year. According to recent figures the craft sector alone currently employs over 100,000 people while with growth of 10 per cent, the creative sector is outstripping all other industry sectors in terms of recovery. craft skills and values are vital to our cultural identity. Socially the arts and crafts have always been a common thread within social groups and between generations, and there is a real danger that with lack of investment the traditional centrality of the arts and crafts within British culture will be eroded by the short-termism of current education policy"



West Dean College is to host its annual exhibitions, presenting work by thirteen students graduating from the full-time Visual Arts programmes. The exhibitions, held at West Dean College, Chichester and at the Embassy Tea Gallery in London, provide an opportunity to view and buy works by emerging artists developed over a year of intensive study. The exhibited work represents programmes ranging from Graduate Diploma to MFA, and includes painting, printmaking, drawing, sculpture and hand-woven tapestry.

THIRTEEN Exhibition by 13 emerging artists at West Dean College Summer Shows: West Sussex 5 – 11 July 2014. London: 10 – 20 July 2014

Glorious Goodwood hosts the Best Dressed competition



GLORIOUS GOODWOOD is about to become even more glorious! On Friday, 1 August, to celebrate a new racing partnership, L'Ormarins, sponsors of the L'Ormarins Queen's Plate Stakes, are offering the prize of a lifetime to the winner of the Best Dressed competition.

The sport of kings champions the queens of fashion

The judges will be looking for an exquisitely dressed lady, looking elegant in the signature colours of L'Ormarins, blue and white. To be selected as a finalist for a chance to win this unique prize to attend the L'Ormarins Queen's Plate race meeting in Cape Town in the height of the South African summer, the ladies will need to show that their polished look echoes the magnificence of the racing at Goodwood. A stunning hat is a must to complete this elegant look.

The prize on offer for two people includes:

- Overnight flights from London to Cape Town
- Five nights in a luxury hotel
- A private wine tasting and lunch at L'Ormarins wine estate and Drakenstein stud at Franschhoek
- Tour of the Franschhoek Motor Museum
- A free day for sightseeing at leisure
- A day at the L'Ormarins Queen's Plate race meeting at Kenilworth Racecourse on Saturday, 10 January, 2015
- Cocktails at the prestigious Merchants on Long
- Lunch at the fabulous Grand Cafe and Beach on Cape Town's V&A waterfront

Adam Waterworth, Managing Director for Goodwood Racecourse said: "This is the first time we have introduced a Best Dressed Ladies competition to Glorious Goodwood and we are delighted that our sponsors for the day, L'Ormarins, are offering such a fantastic prize of a trip to South Africa in January 2015. We look forward to welcoming our racegoers dressed in blue and white"

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Arts & Entertainment

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Now showing at Cineworld Chichester

Cinema Review: Chef

Chef (15)
Running time: 115 mins
Director: Jon Favreau
Starring: Jon Favreau, Scarlett Johansson, Sofia Vergara, Dustin Hoffman, John Leguizamo, Oliver Platt

Carl Casper (writer-director Jon Favreau) is stuck in a rut. Ten years into his plum post at a high-end LA restaurant, the onetime Miami food wunderkind has taken to passionless, crowd-baiting cooking, hamstrung by his seat-filling boss (Dustin Hoffman). When a big time critic (Oliver Platt) brutally calls out his complacency, Carl's angry reaction goes viral online, and the disgraced chef is told to pack his knives and go.

At the cajoling of his ex-wife Inez (a subdued Sofia Vergara), Carl escapes his newfound internet notoriety, returning to Miami and his long-neglected young son, Percy (Emjay Anthony). Reinvigorated by his old stomping grounds, he ditches his fine-dining chef's whites for a junky Cubano food truck, embarking on a road to domestic and culinary redemption.

In some ways, this is Favreau's own story since writing and starring in 1996 indie critics' darling 'Swingers', he's been wading in the franchise pool (mainly the 'Iron Man' movies), not always to great acclaim. 'Chef' marks a return to his home-cooked roots, albeit with the perks of his big budget finesse. The non-stop kitchen bustle has the top-shelf slickness of an action movie sequence, and the high-calorie food porn is as gratuitous as a car chase.

A meandering middle and sticky-sweet third act can be overlooked if only for the savviness with which Favreau portrays the food world. He nails the locker room camaraderie between Carl and his line lieutenants (a game John Leguizamo and Bobby Cannavale), the local colour of gastro meccas like New Orleans and Austin and the make-or-break role of social media in the restaurant biz. There's family-friendly fluff here, sure, but this dish has considerable bite.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. **Jon Favreau directed Robert Downey Jr in which Super Hero movie**

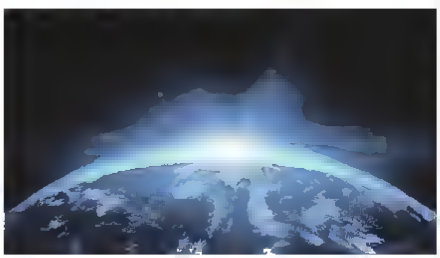
A. SPIDERMAN
B. IRON MAN
C. BATMAN

Send your answer and include your full name address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 1st July 2014 at midday. The winner will be notified later on that day. Last weeks winner was Sammy Carter from [illegible]. competition terms and conditions apply.

cineworld
Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Sky Diary July 2014

By Peter Littlejohns



Elusive little Mercury only reaches about 4 degrees above the NE horizon this month with the Moon fairly close by on the 23rd as a guide.

Venus moves from Taurus into Gemini and sits above and to the right of Mercury in the pre-dawn sky.

The Earth reaches aphelion on the 4th of July at 0213, its furthest point from the Sun at 152 million km. Also the Moon is at its furthest point from the Earth at a distance of 406,508 km on the 28th of the month.

The red planet Mars is gradually getting dimmer as it moves ever further away from us, lying in the constellation of Virgo and setting around midnight.

Jupiter has been amazing to observe but, by the end of July, it will be getting lost in the evening twilight.

Saturn crosses the meridian at 20:30 mid-month in Libra and is only one degree above the Moon on the 8th. A small to medium telescope will show the largest one of its 65+ satellites, Titan, which is considerably bigger than our Moon.

Meteors ☆ There are several showers this month, the favourable ones being on the 21st from Cygnus high in the E, and on the 8th and 20th from low in the E, all with about 5 meteors per hour. On the 28th from low SE there is a better shower with around 20 per hour at maximum.

Sky Sports to bring all the action of Goodwood with special F1 Pavilion presented by Sky Sports hosts live at Festival of Speed

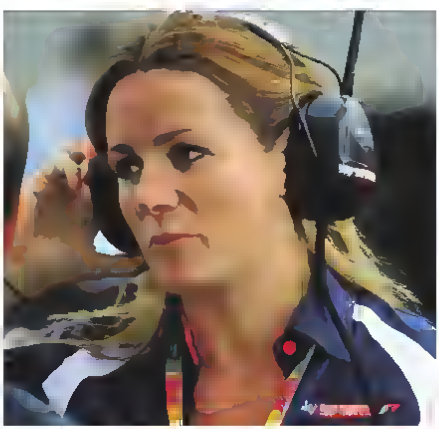
SKY Sports will make a splash at the Goodwood Festival of Speed with a striking dedicated Formula 1 Pavilion hosted by the Sky Sports presenters at the June 26-29 event.

Festival of Speed visitors will be able to watch all the action from a giant screen next to the Sky Sports Pavilion and presenters will include host David Croft, three-time grand prix winner Johnny Herbert and Natalie Pinkham presenting all the action from the F1 paddock.

The Sky Sports pavilion within the F1 Paddock will also feature a Sky Sports channel feed, Sky genius bar, a special viewing gallery and promotional staff handing out lanyards with free ear plugs.

In addition there will be a green screen experience at which visitors can have their picture taken as if they were inside a real racing car, and the opportunity to win Sky-related prizes.

F1 world champions Lewis Hamilton and Kimi Raikkonen will feature on Sunday, June 29, while the timed shoot-out to decide who will be fastest up the hill will be broadcast live on Sky Sports 2 and Sky Sports F1 from 1500-1700, with commentary from Tony Jardine and Will Buxton.



Natalie Pinkham will present some of the action for Sky Sport

The show will feature the climax to the Festival of Speed and the attempt by nine-time World Rally champion Sebastien Loeb to break the record in the Peugeot 208 T16 Pikes Peak car.

Historic Gardens Weekend

At the Weald & Downland Open Air Museum 4 – 6 July

A WONDERFUL opportunity to see the Museum's six period gardens all carefully recreated to show the transition of gardens from early 17th century through to the late 19th century which would have been typical of the more humble farm houses and cottages they adjoin.

This event uniquely showcases each garden representing the period of the house as well as the social status of the householder. Herbs, vegetables and plants that would have met the needs of rural households over the centuries provide an informative and historical display. Interestingly, the earliest gardens were purely utilitarian, but moving forwards through the centuries and social levels some plants were grown for their aesthetic qualities the very first beginnings of decorative planting and ornamental display.

Carlotta Holt, Museum Gardener, with her team of volunteer gardeners will be present in all the gardens talking about the work they do; she will be giving a daily talk and walk through some of the gardens. Carlotta comments "Both myself and the Museum's dedicated team of gardening volunteers, look forward to meeting visitors during the event. Having the opportunity to share our knowledge and passion for the period gardens at this lovely time of year, makes all our hard work worthwhile."

There will be fascinating demonstrations in the market square of the medicinal uses of some of the plants. The Museum's herbarium – a collection of every species of plant dried, pressed and recorded – will be on display in one of the Museum buildings, as well as demonstrations in the Tudor kitchen of cooking using the Museum's own produce, the stillroom, cosmetics and other processes such as natural dyeing and garden tool making.

The Museum has 50 historic buildings which have been rescued from destruction, moved and carefully reconstructed on the downland site. Whatever the weather it is a great opportunity to bring friends and family to the Museum's idyllic location which is set in the heart of the South Downs National Park near Chichester, West Sussex.

The Historic Gardens Weekend is open daily from 11am – 5pm and is included in the admission to the Museum. The lakeside cafe will be open, plus there are indoor and outdoor picnic areas. Dogs on leads are welcome and there is ample free parking. Normal Museum entry charge applies and the Museum closes at 6pm.

What's On in your local area...

• The Quaker contribution to Chichester Festival this year involves a series of public events to promote the understanding of peace and reconciliation. These include two peace exhibitions at the Quaker Meeting House and on 5th and 12th July there will be guided walks, and public lectures on the themes of "Everyday Mysticism" and "Penal Reform". On 19th July a Quaker Meeting for Worship will be held in the Chapel of St Thomas and St Edward in Chichester Cathedral. All are welcome. These events all form part of the 'Building Peace' project which Quakers are engaged in to mark the 50th anniversary of the outbreak of war in 1914. For further information visit the website www.chichesterquakers.org.uk

• Write Angle Cabaret joins the Festival of Chichester Sunday June 29th, Jubilee Room, Chichester New Park Centre. From 1-6pm. This includes a course on 'How to Perform Your Poetry', and an Open Mic to 'show what you've learned'. Then Chichester's own 'Adelita Trio Band' (Brazilian music), ; Hylda Sims & Guitarist, Speech Painter (Midhurst), Audi Maserati (Petersfield). Wine, cakes and soft drinks. From 6 on, socialising and networking. A fun day! Call box office 01243 813 595 for tix. (please see attachment for more info)

• St Wilfrid's Hospice is hoping man's best friends will be waiting at the door ready to take part in a special walk on Sunday, 6th July. The Hospice is holding its first ever sponsored dog walk called 'Woof for Wilf' at Hotham Park, Bognor Regis. The idea is to sponsor the dog to complete as many circuits of the park as they want. The event runs from 9am until 11am – all walks must be finished by midday – and afterwards there will be doggy treats for all four legged friends and refreshments for their owners. Entry is £7.50 per dog. Woof for Wilf registration forms are available from any of our shops, from the Hospice or register online at www.woofforwilf.stwh.co.uk. For more details contact St Wilfrid's Hospice's Fundraising team on 01243 755827 or email fundraising@stwh.co.uk

• Concorde is a social club which provides friendship and companionship for single people.
It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree, Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604715.

If you would like a non profit or profit to charity event listed then send 70 words to events@chicheste rherald.co.uk. All listings are subject to change without notice and while all care is supplied and in good faith Chichester Herald cannot be held responsible for any changes occurring after publication.

Graylingwell Park Summer Garden Party and Scouts Children's Day.

GRAYLINGWELL PARK is again playing host to a Summer Garden Party on Saturday 5 July, 10am to 4pm, on Havenstoke Park at Graylingwell, just off of College Lane.

The Summer Garden Party, which last year attracted over 4000 visitors, is a joint venture with Linden Homes and Chichester District Scouts, incorporating their Children's Day. This year they are going to be joined by Chichester Music Academy, showcasing their young students talents, sponsored by the Rox and providing a musical backdrop for all the other fantastic activities.

Everyone is invited to come along and enjoy live music, Punch & Judy, Playmosaic, Community Choir and you could even have a go on a climbing wall or zoom round on the Crazy Quads! Adult's haven't been forgotten, there will be Whipped and baked vintage tea tent, licensed bar, BBQ, Caroline's Dairies Icecreams, Zumba from

Fitjoy and Graylingwell Heritage project are running a road show event. This is a charity event and admission is free.

Fido hasn't been forgotten too, and there will be a fun dog show between 2 and 3pm, with classes such as waggiest tale and best child dog handler, and the day will finish up with an It's a knock out competition for teams form the Scouts and a tug of war for the Mums & Dads!

So come along and join the fun at Graylingwell Park on Saturday 5 July 10-4pm for more details go to www.chichesterdt.org.uk

Food & Drink

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Food worth £2.4bn thrown away unopened every year

DESPITE A REDUCTION in the amount of food being wasted, new figures reveal that UK households still throw away 1 million tonnes of untouched and unopened food, much of which could be saved.

The phenomenon has a cost of around £2.4 billion per year – £90 per family – according to a new report by the Waste Resource Action Programme (Wrap).

Most of the food is thrown away because it has passed by its eat by date, but some goes to the bin because it is not stored properly and attracts mould or goes stale.

Overall, Britons threw away 4.2 million tonnes of food in 2012, an amount that was avoidable according to the report. This is despite previous research by Wrap showing that there had been a 21% reduction in the phenomenon.

The organisation said in the report that more has to be done to further tackle food waste and calls for consumers to use freezers more and plan meals in advance before going shopping. It adds retailers and producers should provide clearer guidance on storing.

It also said that pack sizes might have to be rethought, as much of the waste occurs in amounts more than 50g, so that every person, including busy people or singles, can buy food in a size that is more suitable to them.

The report says, 'This research provides essential information to those working with their customers, their residents and members of the community to help people to change their behaviours and waste less. It is a significant finding that the majority of avoidable food waste is being thrown away in quantities that everyone can take action to prevent, with the largest instances more likely to be avoidable food waste.

'Taking every opportunity to provide tips and guidance, or challenging existing practice and making changes to products and packaging could deliver substantial benefits.'

In September last year, figures by the UK's Global Food Security (GFS) revealed that up to 40% of edible food may be refused by retailers because it is 'ugly'.

Nestle takes step toward customizable vitamins

NESTLE said this week it was working on a new research project that could one day lead to the development of made-to-measure vitamin combinations tailored to an individual's needs.

Nestle, the world's largest food group, said its Institute of Health Sciences was working with Waters Corp to develop tests that would efficiently measure the amount of vitamins in body fluids such as blood or urine.

Such tests would then be used to build a picture of a person's nutrient status and to offer supplements tailored to certain needs.

According to a report by Bloomberg, the company could eventually offer such supplements through a device similar to its Nespresso coffee machine, though that could take years to develop.

Aside from the popular Nespresso, Nestle has smaller dispensing systems – Special.T is for individual cups of tea, while BabyNes is for baby formula.

Nestle has recently been putting more focus on its health sciences business, which is growing faster and has higher margins than its traditional food businesses.

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
COWES WEEK FIREWORKS CRUISE ON SS SHEILDHALL
8 AUGUST 2014
Adult/Senior Citizen £67 & Child £40
Join us on this evening cruise to get an unrivalled view of the spectacular firework display which marks the grand finale of Cowes Week. There will be entertainment from the SS Sheildhall Stompers Jazz Band. Also in port are four cruise liners (yet to be confirmed). On board snacks, light suppers and drinks can be purchased.
Times are subject to change and are approximate
Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
01243 868080
Park Road, Bognor Regis, West Sussex, PO21 2PX

Win a meal for 2 at Murrays
M
Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people at [illegible]
The Chichester Herald [illegible] competition sponsored by [illegible] every week where you have the chance to win [illegible]
For your chance of [illegible] please answer the following question:
Can you guess where this picture was taken within the Chichester area?
For your chance to win this weeks competition email your answer name address and contact number to news@theshiphotel.net
North Street, [illegible], West Sussex PO19 1NH
Tel: +44 (0)1243 778[illegible] enquiries@theshiphotel.net
Entries close on Wednesday 2 July 2014 at midday. [illegible] who wins a 3 course meal for two from the Pre Fixe menu. There is no cash alternative. A winner will be [illegible] every Wednesday. Entry details may be kept on file. Last week's answer was: South Road, Midhurst.

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Seaside holidays 'back in fashion'

THE TRADITIONAL seaside stay – with the Westcountry among the top destinations – is back in fashion as people choose to holiday at home.

Domestic holidays in the UK have more than doubled in the past three years with seven out of 10 households holidaying here in this year, according to the annual Travelodge holiday index.

The report surveyed 3,000 households on their holiday plans for this year and revealed that the number of Britons holidaying at home had more than doubled since 2011.

The top 10 destinations for 2014 include Devon and Cornwall, the Lake District, London and Brighton, the survey said. It is the fifth consecutive year that the domestic holiday trend has grown.

Holidaymakers will spend £15 billion, up £3.2 billion from last year, on their UK holidays, according to Travelodge.

Up to 51% of British households will take lots of short breaks throughout the year, instead of one big holiday, 34% of Britons will take

two short breaks this year while 37% will enjoy three getaways.

A trip to the seaside stole the number one spot from city breaks, which topped the poll in 2013.

Top coastal destinations included Cornwall and Devon as well as Scarborough, Bournemouth, the Isle of Wight and Great Yarmouth.

Travelodge chief executive Peter Gowers said: "2014 looks like being the year of the staycation. More of us than ever before are being inspired to get up and go and explore what Britain has to offer.

"At Travelodge, we're seeing particularly strong demand from families and couples having multiple short breaks rather than the traditional fortnight.

"It all points to the fact that the nation's desire for a great holiday is still with us, but more than ever, we're all looking for great value and finding it here in the UK."

The results of the survey were published as Pitchup.com, which lists some 5,000 outdoor sites, reported a surge in demand as families look to stay closer to home.

"There is already such a huge backlog of passport applications that many realising their holiday overseas might be at risk are looking at the UK – which is great news for the economy and rural businesses," said website founder Dan Yates.

"There is so much going on this summer – from family festivals to great sporting events like the Commonwealth Games and Tour de France. People are looking to explore the UK and enjoy all it has to offer."

Last week, Tourism Minister Helen Grant risked the wrath of people still waiting for their passports by suggested those caught up in the crisis should consider holidaying at home.

While Ms Grant said she was "confident" that a backlog of up to 30,000 applications would be cleared in time for families to go away, she said that there was a "lot to be said for the staycation".

Asked about the situation in an interview with the House magazine, Conservative MP Ms Grant said: "I'm in no doubt, I'm very confident that people will get their passports.

"But if they don't want to go away, we have some fantastic places to visit and holiday not that far from here. I think there's a lot to be said for the staycation".

You need 'good fat' to be beach fit!

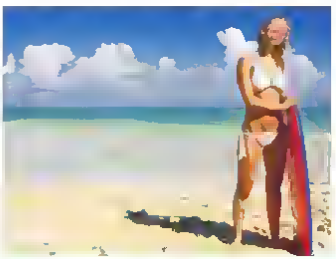
Denise Kelly

Naturopath and Nutritional Therapist

Yes it's that time of year when we are all climbing into our bikinis and speedos' (Or shorts) Male or female we all want beach fit bodies, so when we bare all we feel good

Many people make the big mistake when trying to lose weight and look fitter, of cutting out fat altogether This is not the way to lose weight or get great health We need the good fat, that's why they are called Essential fatty acids

When it comes to dietary fat, what matters most is the type of fat you eat Contrary to past dietary advice promoting low fat diets, newer research shows that healthy fats are necessary and beneficial for health



When food manufacturers reduce fat, they often replace it with carbohydrates from sugar, refined grains, or other starches Our bodies digest these refined carbohydrates and starches very quickly, affecting blood sugar and insulin levels and possibly resulting in weight gain and disease. Rather than adopting a low-fat diet, it's more important to focus on eating beneficial 'good' fats and avoiding harmful "bad" fats Fat is an important part of a healthy diet so make sure you choose foods with 'good" unsaturated fats, limit foods high in saturated fat, and avoid "bad" trans fat

"Good" unsaturated fats — Monounsaturated and polyunsaturated fats, lower disease risk. Foods high in good fats include foods such as olive oil, avocado's, nuts, seeds, and fish

"bad" fats– trans fats, increase disease risk, even when eaten in small quantities Foods containing trans fats are primarily in processed foods made with trans fat from partially hydrogenated oil Such foods are carcinogenic and toxic! Stay away from these foods

Saturated fats, while not as harmful as trans fats, by comparison with unsaturated fats negatively impact health and are best consumed in moderation Foods containing large amounts of saturated fat include red meat, butter, cheese, and ice cream When you cut back on foods like red meat and butter, replace them with fish, beans, nuts, and healthy oils instead of refined carbohydrates

Concentrate on the good fats, make sure you are getting plenty of exercise and you will look and feel fantastic.

Your brain on fat

The good fats aren't only good for your heart they are also good for your brain especially polyunsaturated fats containing omega 3s In one recent study, girls who ate omega 3s actually outsmarted girls who ate higher amounts of omega 6 fatty acids And scientists believe that women of childbearing age and pregnant and breastfeeding women who store and continue to eat omega 3s supply nutrients that are critical to fetal and early infant brain development.

Omega 3s have also been shown to help people with depression One 2013 study showed that nearly 22 000 people with depressive disorders who took daily doses of foods high in omega 3s experienced less depressive symptoms Another study found depleted levels of omega 3 fatty acids in people with severe depression And researchers suspect that women who have low levels of omega 3 during pregnancy may be more prone to pregnancy-related depression

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world For more information contact her www.denisekelly.co.uk info@denisekelly.co.uk @DkNutrition 07730671436

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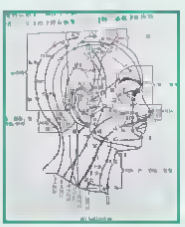

Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK) He has been practising his profession over 18 years and has his own clinic in Chichester town centre

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London Portmouth and Chichester for over 5 years Prior to this, having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years

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Fashion & Lifestyle

How the Duchess will set the Wimbledon fashion agenda

KATE MIDDLETON is set to be the fashion inspiration celebrity tennis fans strive for at Wimbledon, a stylist to the stars has said.

The fortnight of tennis annually draws famous faces including former Spice Girl Victoria Beckham, pop stars Gwen Stefani and Shakira, singer Diana Ross, model Suki Waterhouse as well as Kate and her sister, Pippa Middleton.

Famous men who have taken in games at the All England Club include Hollywood stars Bradley Cooper and Gerard Butler, rocker Ronnie Wood, singer Cliff Richard and Harry Potter actor Rupert Grint.

This year, a similar set of A-listers are likely to take their seats on Centre Court, and the women are set to follow Kate's elegant lead when it comes to deciding what to wear.

Alex Longmore, a celebrity fashion stylist who has worked with stars including model Claudia Schiffer and TV's Amanda Holden, said this summer will be "all about the dress".

Conveniently fitting in with Wimbledon's tradition of the players wearing white, Ms Longmore said the colour is a "huge trend" this season.

"But it will be all about the dress. Forget separates and trousers – it's going to be all about knee-length dresses, inspired by the Duchess of Cambridge's look.

"I think we will see demure dressing rather than the spaghetti strap look that has been popular courtside in years before," she said.

Ms Longmore also has some advice for stars who will be photographed and their style choices subsequently analysed.

"As the celebrities will be sitting down watching the sets, it's imperative that they wear something that won't crease when they stand and get papped, so silk is a great option for this and linen is most definitely out," she said.

Sunglasses are a staple of the tournament, and no star will come to SW19 without a pair of shades at the ready.

Ms Longmore said there will be lots of mirrored sunglasses on show, adding: "Ray Ban and Victoria Beckham's designs have been popular this season, with blue and green lenses being seen on the likes of Cara Delevingne and her sister Poppy."

But the great British summertime does not guarantee heat and sunshine, and so the stars should also prepare for the dreaded Wimbledon downpours.

The celebrity stylist said she expects to see a lot of loose blazer styles in black and navy worn in a bid to keep the rain off.

Ms Longmore added: "I predict an elegant Wimbledon this year with white taking centre court followed closely by an array of block pastel colours, and, for those celebrities that really want to hog the limelight, bold reds."

Meanwhile, fashion and brand expert Nick Ede expects the tennis stars to sport an "aerodynamic look".

He said: "We will see sports luxe style bodycon dresses with heavy pleating teamed with flashes of neon and splashes of colour.

"Hair will be worn up and again there will be an emphasis on dynamic sleek style giving the players that aerodynamic look."

Mr Ede expects to see female spectators in summer dresses in block colours highlighted with bright or metallic belts to emphasise waists".

As matches can run into the night, the expert said women will bring fitted jackets with neat shoulder pads adorned with light embellishment.

"All in all, expect this season to be a sea of bright, strong colour, pretty pastels and bright white and neon accents. I can't wait! But bring your shades!" he said.

Tennis fans, strike a pose.

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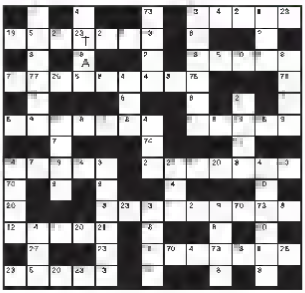
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	18
0	16
4	17
5	19 A
6	10
7	20
8	21
9	22
15	23 T
11	24
12	25
10	26

Last week's solutions

1 T	2 J	3 F	4 Y	5 X	6 N	7 O	8 P	9 U	10 K	11 S	12 A	13 M
W	B	D	V	H	L	E	G	Q	R	C	I	Z

Wordsmare

U	A	E
D	Y	S
S	L	R

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9 letter word to be found

How you rate

15 words - average,
25 words - good,
35 words - very good;
40 or more - excellent.

Last week's solutions

cel, clew, clews, cralkew, cose, codels, cockles, coke, cokes, cole, cosec, loes, ole, les, like, loes, lose, owse, sclole, skew, sew, slice, slue, sole, wa, wase, woke

Double Crossword

Choose either quick or cryptic clues

Cryptic Clues:

Across

7 Demand for expulsion in uproar (6)
8. Doctor has fallen for herbsman (6)
10 Railway apprentice? (7)
11. Compel 100 to go in front (5)
12. Wine from Castile (4)
13. Throw out, but do not set rely aboard (5)
17 A prize in the hospital? (5)
18. The final one should endure (4)
22. Stick to the workers (5)
23. Subterfuge to solve outrageous charge (7)
24. 500 entering before time at great cost (6)
25 Lower sea bed (6)

Down

1. It holds the corresponding evidence (4-3)
2. The last secret procedure (7)
3. Liable to give public relations officer directions (5)
4. Free cap given by way of introduction (7)
5. Key material or creeper outs de (5)
6. Instructions in few words (5)
8 Novel knitwear from Americe (9,6)
14. Double the number taken to the pen (7)
15. Money from Brussels for example (7)
16. Knock Edward senseless he's not grown properly (7)
19. Incidental remark about a team (5)
20. She is absolutely crazy o the morning (5)
21. Not yet n ert (5)

Quick Clues:

Across

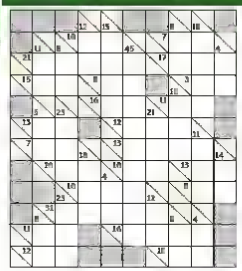
7 Obelisk (6)
8 Powerful (6)
10 Train (7)
11. Double (5)
12. Lavatory (4)
13. Charlatan (5)
17 Nip (5)
18. Story (4)
22. Concerning (5)
23 Revoke (7)
24. Revert (5)
25 Vendor (6)

Down

1. Anger (7)
2. Avenge (7)
3. Ecbrest (5)
4. Touch (7)
5. Lukewarm (5)
6. Precipitous (5)
9. Tomb (5)
14. Unsettle (7)
15. Competent (7)
16. Give back (7)
19 Well (5)
20. Value (5)
21. Aquatic animal (5)

Last week's solutions:
CRYPTIC Across 1 Driver 4 Threats 8 Notarise 9 Twist; 10 Ugly 11 Sell w ll 12 Drop, 14 Deny 16 De better 17 Take 20 Outer 21 F ments 22 Respect 23 Arena Down 1 Conducted tour 2 Vital 3 Ruby 4 Theses, 5 Rat fled 6 Ability 7 Satellite town 12 Fost free 12 Debates, 15 Despot, 16 Aunts, 18 Emme OU CK Across 1 Grant 4 Lockjaw 8 Amazing 9 Salve 10 Duty 11 Impolite 12 Cant; 14 Rely 18 Quantity 17 Hide 20 Extra, 21 Instals 22 Tenant; 23 Dress Down 1 Grant Request 2 Await 3 Tarn 4 Legume 5 Customer 8 Jetty 7 Wholesomeness 12 Debate 13 Chatter 15 Sir ct 18 Image 19 Kind

Kakuro



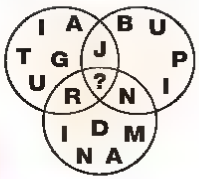
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block

Last week's solutions.

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions.

The letter represented by the question mark is H. Christie, Calzaghe, Beckham, all winners of the BBC Sports Personality of the

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

				A	
			R		
					R
A					
	A				

A

V	A	R	D	S
T	T	L	A	A
T	F	R	O	L
A	O	T	V	A
E	R	R	E	R

B

Last week's solutions
Egret Guava, Raves Event, Tasty

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > Simple, Intermediate, Difficult. From top to bottom

Simple

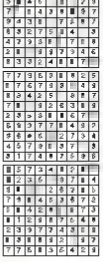
	3		9				7	8
8		4			6	1	5	
	5			8		3	2	
			8	7	3			
4		3				7		5
			8	4	5		3	
	4	7		9			8	
	6	9	3		8			7
3					7		9	

Intermediate

1						8		2
	4				5		8	
2		6		9		4		
	3		4			5		8
		5	8		1	9		
	8	4			7		3	
		3		7				6
	6		5			1	9	
8		7						5

Difficult

	6		1		4		3	
8	1			6			7	9
4			5		2			7
9			6		8			3
1	3			7			9	4
	9		2		1		8	



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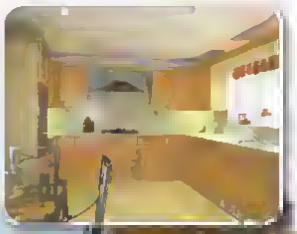
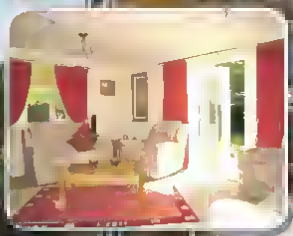
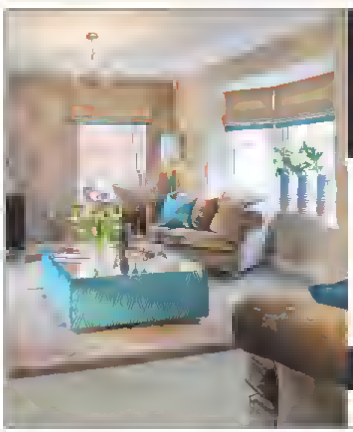




FEATURE PROPERTY:
ALDWICK
£497,500

A well presented detached house situated in a private marine estate around 200 yards from the access gate to the private beach This easily maintained house has a lounge dining room a cloakroom well fitted kitchen/breakfast room utility room master bedroom with en suite shower room guest suite with en suite shower room third bedroom/study fourth bedroom family bathroom integral double garage and well screened gardens EPC Rating D

For more information contact Coastguards Estate Agents on 01243 267026 www coastguardsproperty co uk



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Bognor Regis - Chichester - Felpham - Pagham - Selsey

118 Harbour View Road (Pagham) £315,000

Detached House * Sitting Room * Dining Room * Reception Room * Fitted Kitchen * Cloakroom with WC * Three Double Bedrooms * Family Bathroom with Separate Shower Cubicle * Gas Fired Central Heating * Double Glazed Windows * Front Garden * Driveway Providing Off Road Parking for Vehicles * Detached Garage * Approximate 60' Rear Garden * Excellent Location for Bus Services * Local Parade of Shops, Beach & Nature Reserve * EPC Rating E

This detached family house is located in a popular residential area in Pagham having bus services that pass by that give access to the town centre of Bognor Regis and also the city of Chichester. Within the immediate vicinity there are shopping facilities to be found at The Parade in Pagham also the beach and Pagham Harbour Nature Reserve are easily accessible. A more comprehensive range of shopping facilities can be found at Rose Green.

This detached family home offers flexible accommodation as in three reception rooms to the ground floor which one could be utilised as a ground floor bedroom thus giving four double bedrooms in total. To the first floor there are three double bedrooms and a family bathroom with separate shower cubicle measuring 10'4 x 8'7 maximum. A particular feature of this property is the rear garden which has a southerly aspect and is westerly facing and measuring approximately 60' in length. The property also benefits from a driveway providing off road parking for several vehicles and leading to a detached garage.

A viewing is highly recommended to appreciate the size of accommodation on offer and also its location.

48 Conway Drive (Pagham) £299,950

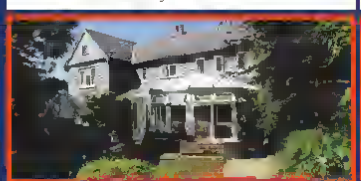
Modern Style Extended Bungalow * Sitting/Dining Room * Snug Area * Reception Room * Modern Kitchen * Modern Family Bathroom * Three Bedrooms * Garage With Rear Utility Area * Driveway Providing Off Road Parking * Secluded Rear Garden * Gas Fired Central Heating *UPVC Double Glazed Windows & External Doors * Excellent Location For Local Shops Beach & Bus Services* EPC Rating C

York Road (Selsey) £249,950

* Spacious Detached Bungalow To South Of The Village Occupying An Attractive Corner Plot * Adaptable Accommodation * Two Bedrooms * South Facing Conservatory * Wood Laminate Flooring To The Majority * Ample Off Street Parking * Detached Garage *EPC Rating D *

Canadian Crescent (Selsey) £325,000

* Spacious Family House South Of The Village Some 200 Yards From Seafront * Well Presented Throughout * Two Reception Rooms * Kitchen/Breakfast Room * Four Bedrooms * Two Bathrooms * Gas Central Heating And Upvc Double Glazing * South Facing Rear Garden Garage & Off Street Parking * EPC Rating C



Felpham Road (Felpham) £535,000 Guide Price

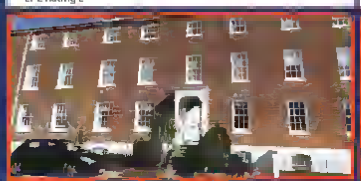
Delightful Period Home * Central Village Location * Charming Mature and Secluded Gardens * Deceptively Spacious Accommodation * Many Period Features Including Exposed Beams * Double Garage and Car Parking * Viewing Essential to Appreciate this Most Unique Home * EPC Rating E

Limmer Lane (Felpham) £595,000

Spacious Character Family Home * Favoured Location on Summerley Private Estate * Some First Floor Sea Views * Generous Accommodation * Four Double Bedrooms * En-Suite * Two Further Bathrooms * Good Size Rear Garden * Garage * Off Street Parking * UPVC Double Glazing * Gas Heating * Internal Viewing Recommended * EPC Rating D

Ryefield (Bognor Regis) £320,000

Modern Detached House * Master Bedroom With En-suite * Three Further Bedrooms * Lounge * Kitchen/Dining Room * Utility Room * Ground Floor Cloakroom * Gas Central Heating * Double Glazing * Southerly Aspect Rear Garden * Garage & Off Road Parking Space * EPC Rating B

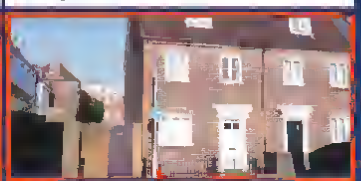


Spencer Terrace (Bognor Regis) £199,950

Elegant Grade II Listed Building * Spacious Second Floor Apartment * En Suite Facilities * Attractive Communal Landscaped Gardens * Gated Off Road Parking * No Forward Chain * Sole Agents * EPC Rating C

Barn Court Cottages (Chichester) £590,000

An attractive and deceptively spacious detached five/six bedroom chalet style house in a delightful semi rural location on the periphery of Barnham. There are superb mature gardens and a large detached double garage with a studio room above.



St. Peters (Chichester) £449,950

A wonderful opportunity to acquire a 3 bedroom townhouse within the Roman Walls in arguably one of the best locations in Chichester between North Street & Priory Park. Entrance hall, cloakroom, sitting/dining room, kitchen, master bedroom with bathroom ensuite, two further bedrooms, family bathroom, walled garden & private parking space. VACANT POSSESSION!

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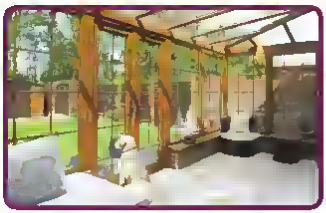
ELMER SANDS **£495,000**

A detached house situated in private estate approx 3 miles to the East of Bognor Regis. The property was constructed in 2009 and has a ground floor shower room/utility room, lounge with folding doors opening to the dining room, large conservatory, fitted kitchen/ breakfast room, master bedroom with en suite shower, 4 further bedrooms, bathroom, garage and gardens. EPC Rating C



ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, leasehold, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£375,000**

A well presented detached house situated within approx half a mile of the beach, shopping facilities and schools. The property has been made the subject of a programme of remodelling & refurbishment by the current owners. G.F.H., u.P.V.C. dble glazing, cloakroom, good sized dual aspect lounge with attached conservatory, fitted kitchen with arched open reception to the dining room, utility room, three bedrooms, refitted bathroom, garage, parking for several vehicles and gardens including a 100' rear. EPC Rating C

NYETIMBER **£379,950**

A deceptively spacious detached bungalow situated on a good sized plot in a cul-de-sac within half a mile of shops, schools and the beach. This property has been extended over the years and offers flexible and spacious accommodation in a peaceful location. G.F.H. Near 32' lounge/dining room, separate sitting room (potential third bedroom), conservatory, kitchen, master bedroom with en suite shower room, second bedroom, bathroom, good size garage and large gardens. EPC rating E

ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development, approx. 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING C

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING C

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

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Government to ban widespread use of 'spy cars' by councils

THE WIDESPREAD use of static and car-mounted cameras to catch drivers who park illegally in England is to be banned, the government has announced.

It says so-called "spy cars" have been used as a "cash cow" by councils, and it wants to end the "plague" of parking fines being sent in the post.

Instead traffic wardens will have to fix penalty notices to windscreens.

Councils will still be able to use the cameras near schools, in bus lanes and bus stops, and on "red routes".

Currently, some councils can use CCTV cameras or "approved devices" to enforce parking restrictions, under Labour's 2004 Traffic Management Act.

The government says nine million parking fines are now issued every year by local authorities in England and wants to rein-in "over zealous parking enforcement practices".

The ban follows a three-month consultation.

Announcing the measures, Communities Secretary Eric Pickles said the government was taking "urgently needed action to ban this clear abuse of CCTV".

"CCTV spy cars can be seen lurking on every street raking in cash for greedy councils and breaking the rules that clearly state that fines should not be used to generate profit for town halls.

"Over zealous parking enforcement and unreasonable stealth fines by post undermine the high street, push up the cost of living and cost local authorities more in the long term," he said.

However, the Local Government Association says the cameras stop motorists parking dangerously and protect pedestrians.

Other proposals announced by the government include:

Trialling a 25% discount of the full price of their parking ticket for motorists who lose an appeal against a parking fine at tribunal.

Giving local residents and firms the right to demand a review of parking in their area.

Reforming parking guidance so it is less "heavy-handed" and to stop "over-aggressive" action by bailiffs.

Maintaining a freeze on fixed penalty notices for the remainder of this parliament.

Transport Secretary Patrick McLoughlin said the measures would deliver a "fairer deal for motorists, ensuring that parking enforcement is proportionate, that school children are protected and buses can move freely, and that key routes are kept clear".

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Tennis

Chris selected to represent GB

FOR THE FIRST TIME, at the age of 67, Chris Ornstien, a member of Chichester Racquets and Fitness Club, has been selected to represent GB (in the Men's 65+ division) in the Super-Seniors World Team Championships, which will be held in Antalya, Turkey, from 13 - 18th October 2014

In the 2014 Grade 1 Seniors' British Open Clay Court Championships, recently staged at the West Hants Club Bournemouth ,Chris lost to the #2 seed (and eventual Tournament winner) in the 1/4 final of the singles event and then won the 65+ Men's Doubles, with Mike Hepker, from Bath. Chris has won many Sussex and International Veterans' tournaments and is currently World ITF 65+ number 74, GB number 2 and Sussex number 1. He also is the Captain and Manager of Sussex Men's 60+ and 65+ Inter-County teams

Chris will be flying to Turkey to represent GB in October

Ever since Chris returned to England in 2001 (from 43 years growing up and playing tennis in Australia) it has been his goal to be selected for the Seniors GB tennis team and to represent GB at the World Seniors Tennis Championships. In 2002 he reached the Final of the National Clay Court 55+ Singles, but, on this occasion, was not selected in the GB team

Undeterred, he has persevered with his training and intense practice sessions over the past 13 years and in 2012 he won the Seniors National Grass court Championships in the Men's 65+ section

During the past 13 years he has reached the 1/4 final stages of the National Seniors events on several occasions and has won over 10 Singles and 15 Doubles Seniors' ITF Tournaments at levels just below the Nationals. These included successes at the prestigious South of England Championships which are played at Devonshire Park in Eastbourne each September, on the same courts on which the Aegon International event is played every June prior to Wimbledon

Chichester Racquets & Fitness Club's Manager, Jack Lerwill, said "This is a fantastic achievement by Chris. He has shown great determination to realise his goal and I know that everybody at the Club is thrilled for him. We wish him all the best in the Super Seniors World Team Championships where he will be representing GB in October this year."

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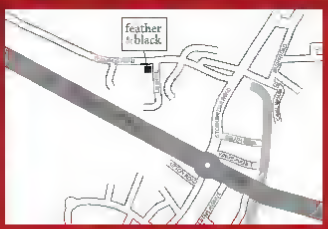

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